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THE FUTURE OF CONSCIOUSNESS EXPLORATION- TRENDS AND INNOVATIONS

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

One thing I love about meditation is that it allows me to connect deeply with my higher self. I'm able to alter my state in a way where I can explore consciousness from another perspective—one quite different from my normal state of waking consciousness. Now the future of consciousness exploration is becoming even more topical and important in the modern world thanks to the advancements in AI (artificial intelligence) technology and its trends in the realm of neuroscience. How can we link AI advancements to the study of consciousness?

Well, first I'd like to point out that in the scientific world, there is no agreed-upon definition of the word *consciousness*. It's a very subjective area of study, as each person's consciousness comprises their own subjective experiences, thoughts, and memories, and who are we to devalue anyone's experiences? So, while we are not quite ready to define consciousness scientifically, by exploring our own consciousness, especially when guided and enhanced by Monroe Sound Science, we are able start small and define what consciousness means to us.

Robert Monroe was well ahead of his time when he began mapping the guideposts of Focus levels and states of consciousness decades ago. Our ability to follow his routes, explore these levels at our own pace, and come to our own conclusions is truly a blessing in the realms of self-care, self-development, and even science and understanding. I've learned so much about myself and have developed my own definitions not only of what consciousness means to *me* but also of the idea of a global consciousness through my meditation and studies. It's changed my life! No wonder it's a rapidly growing area of scientific study.

Meditation (specifically technologically guided as well as mindfulness meditation) has helped tremendously in the furtherance of neuroscience in recent years and will surely continue to do so into the future. These studies reveal important data related to brain regions associated with attention, memory, and emotional regulation, and have allowed

development in treating conditions related to stress and anxiety. So, while much of meditation is used for personal development, its growth in recent years has led to an increasing shift in the discoveries of neuroscience. Brain-imaging studies have also given scientists insights into the neural mechanisms underlying different meditation practices and altered states of consciousness.

Now what about AI? With the booming rise of AI technology that seemingly sprang out of nowhere, companies are racing to train AI bots to essentially be the new virtual assistants and even content providers of the world, helping with research, writing, coding, and development in an astounding variety of fields. This has left many feeling as though AI will replace their jobs in a matter of time. While artificial intelligence cannot replace the human mind—at least not yet—programmers are working with AI bots to get their reactions and responses to be as close to those of humans as possible.
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In order to do this, they need to understand much more about the human mind and have a clearer understanding of consciousness and what that means. Because of this, and the inability to scientifically define consciousness, and the need to understand more of how the human mind works so it can be programmed into AI, the study of human consciousness has been trending now more than ever before.

It's a time of alarming uncertainty, to be quite honest. But I'm hopeful that it will also lead to many more exciting and inventive discoveries in the realm of consciousness. And, despite the studies and findings that arise in the modern trends of this field, I will continue my quest to find what consciousness means to me, specifically. I'll follow my guidance and connect to my higher self daily in meditation to become a more well-rounded and present person. I find the more we understand ourselves, the clearer and more fulfilling our lives can be. So, I'm ready to sit back, work more towards understanding myself, and set a clear and regular meditation schedule again. What are your goals for your meditation journey? What does the concept of consciousness mean to you?